

DAFTAR PUSTAKA

- Anwari, Misbakhul, dan Vidyawati Rita. 2018. "Pengaruh Senam Anti Hipertensi Lansia Terhadap Penurunan Tekanan Darah Lansia Di Desa Kemuningsari Lor Kecamatan Panti Kabupaten Jember." *The Indonesian Journal Of Health Science Edisi* (September): 160–64.
- Bell, Taunjah P. 2015. "Effect of long-term physical exercise on blood pressure in African Americans." *Journal of Obesity & Weight Loss Therapy* 04(05). https://www.omicsgroup.org/journals/2165-7904/2165-7904-Obesity-2014_Accepted-Abstracts.digital.
- Cynthia, Novi. 2013. "Online di : <http://ejournal-s1.undip.ac.id/index.php/jnc>." *Journal of Nutrition College* 2(4): 585–95. <https://ejournal3.undip.ac.id/index.php/jnc/article/view/2103>.
- Dwijayanti, Karlina. 2016. "Perbedaan Pengaruh Latihan Senam Cerdas Bugar Indonesia (SBCI) 2013 dan Senam Aerobic Terhadap Peningkatan Kesegaran Jasmani Siswa Putri Kelas XI Pada SMK Negeri 6 Surakarta Tahun Pelajaran 2015/2016 (." 2(1).
- Fetriwahyuni, Roza. 2015. "Pengaruh Senam Aerobik Low Impact terhadap Tekanan Darah Penderita Hipertensi." 2(2).
- Ghobadi, Marya Rahmani, Rastegar Hoseini, dan Zahra Hoseini. 2016. "Effects of Moderate-Intensity Resistance Exercise on Blood Pressure in Hypertensive Individuals." *Central European Journal of Sport Sciences and Medicine* 16(4): 5–12. <https://wnus.edu.pl/cejssm/en/issue/289/article/4594/>.
- Harber, Matthew P et al. 2009. "Aerobic exercise training improves whole muscle and single myofiber size and function in older women." 47306.
- Hidayati, Sri. 2018. "Kajian Sistematis Terhadap Faktor Risiko Hipertensi di Indonesia." *Journal of Health Science and Prevention* 2(1): 48–56.
- Hikmaharidha, Istifa. 2011. "Program Pendidikan Sarjana Kedokteran Universitas Diponegoro Tahun 2011."
- Ibrahim, Dan Zakirullah Syafei. 2013. "Perbedaan Nilai Tekanan Darah Lansia Dengan Hipertensi Sebelum Dan Sesudah Olahraga Senam Pada Lansia." *Jurnal Ilmu Keperawatan I*.
- Indra, Eka Novita. 2009. "Pengaturan Tekanan Darah Jangka Pendek, Jangka Menengah, dan Jangka Panjang." *Medikora V*: 185–200.
- Kementerian Kesehatan RI. 2017. "Sebagian Penderita Hipertensi Tidak Menyadarinya."

- Kusumawaty, Jajuk, Hidayat Nur, dan Ginanjar Eko. 2016. "Hubungan Jenis Kelamin dengan Intensitas Hipertensi pada Lansia di Wilayah Factors Related Events Sex with Hypertension in Elderly Work Area Health District Larkok Ciamis." 16(2): 46–51.
- Lee, Myeong Soo, Jong-in Kim, Eun-Nam Lee, dan Edzard Ernst. 2010. "Tai chi for lowering resting blood pressure in the elderly: a systematic review." *Journal of Evaluation in Clinical Practice* 16: 818–24.
- Lian, Ziyu et al. 2017. "Effects of Tai chi on adults with essential hypertension in China: A systematic review and meta-analysis." *European Journal of Integrative Medicine* 12(January): 153–62.
- Nim, Anita Nurida. 2016. "Perbedaan Pengaruh Senam Bugar Lansia Dan Senam Tai Chi Terhadap Penurunan Tekanan Darah Pada Lansia."
- Nuraini, Bianti. 2015. "Risk Factors of Hypertension." *Jurnal Majority* 4(5): 10–19.
<http://joke.kedokteran.unila.ac.id/index.php/majority/article/view/602/606>.
- Patel, Harsh et al. 2017. "Aerobic vs anaerobic exercise training effects on the cardiovascular system." *World Journal of Cardiology* 9(2): 134.
<http://www.wjgnet.com/1949-8462/full/v9/i2/134.htm>.
- Punia, Sonu, Sivachidambaram Kulandaivelan, Varun Singh, dan Vandana Punia. 2016. "Effect of Aerobic Exercise Training on Blood Pressure in Indians: Systematic Review." *International Journal of Chronic Diseases* 2016: 1–8.
<http://www.hindawi.com/journals/ijcd/2016/1370148/>.
- Putriastuti, Librianti. 2015. "Analisis Hubungan Antara Kebiasaan Olahraga Dengan Kejadian Hipertensi Pada Pasien Usia 45 Tahun Keatas." *Jurnal Berkala Epidemiologi* 4(December 2016): 225–36.
- Rahajeng, Ekowati, dan Sulistyowati Tuminah. 2009. "Hidup Bersama Hipertensi." *Maj Kedokteran Indonesia* 59(12): 580–87.
- Ratulangi, Universitas S A M et al. 2015. "6635-12988-1-Pb." 3(April): 125–29.
- RISKESDAS. 2013. "Penyakit yang ditularkan melalui udara." (Penyakit Menular): 103.
http://www.academia.edu/download/36235491/Laporan_riskesdas_2010.pdf.
- Rismayanthi, Cerika. 2008. "Latihan aerobik yang aman bagi penderita hipertensi." *Medikora* IV(1): 83–102.
- Sherwood, L. 2010. *Human Physiology From Cells to Systems Seventh Edition*. Brooks/Cole Cengage Learning. 1 – 973.
- Siyad.A.R. 2011. "Hypertension, H.J.D.Med.vol.3 (1), April-October 2011, pp.1-16." 3(1): 1–16.

- Stotz, Anja et al. 2014. "Effect of a brief heat exposure on blood pressure and physical performance of older women living in the community—a pilot-study." *International Journal of Environmental Research and Public Health* 11(12): 12623–31.
- Supriani, Anik. 2013. "Jurnal Keperawatan & Kebidanan - Stikes Dian Husada Mojokerto." *Jurnal Keperawatan & Kebidanan - Stikes Dian Husada Mojokerto*: 22–30.
- Thristyaningsih, Sri, dan Herni Astuti. 2011. "Senam bugar lansia berpengaruh terhadap daya tahan jantung paru , status gizi , dan tekanan darah 1." *Jurnal Gizi Klinik Indonesia* 8(1): 14–22.
- Wang, Jie et al. 2013. "Tai Chi for essential hypertension." *Evidence-based Complementary and Alternative Medicine* 2013: 10.
- Wen, Hongwei, dan Lijuan Wang. 2017. "Reducing effect of aerobic exercise on blood pressure of essential hypertensive patients." *Medicine (United States)* 96(11).
- Yeh, Gloria, Chencen Wang, Peter Wayne, dan Russell Phillips. 2010. "Tai Chi Exercise for Patients with Cardiovascular Conditions and Risk Factors: A Systematic Review." *National institutes Of Health* 29(3): 152–60.
- Yulianto, Jeffri et al. 2017. "Perilaku Sehat Pelaku Olahraga Tai Chi." 16(1): 8–19.